



"Amazin Cajun" Salmon

Served 1 for \$14.95
 "Amazin Cajun" Char-Crusted
 North Atlantic Salmon with
 Chiles Chipotles Creme Fraiche

	Plate/Serving	Total	Percent
Price:	\$14.95	\$14.95	
Cost:	\$4.46	\$4.46	29.85
Profit:	\$10.49	\$10.49	70.15

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
		Butter/Olive Oil		1	1.00	EA	\$0.25	\$0.25	0.06
6731550		Salmon Atl Prtn Trufish 6 oz	PortSim	2	1.00	EA	\$3.38	\$3.38	0.76
5026129		Seasoning Rub Amazing Cajun	Chr Crst	3	0.50	OZ	\$0.57	\$0.29	0.06
3242773		Asparagus Spear Pet	FamTrad	4	1.50	OZ	\$0.25	\$0.37	0.08
6935464		Cream Heavy 40% ESL Stabilized	WhlFarm	5	0.50	OZ	\$0.10	\$0.05	0.01
5020193		Cream Sour Cultured Grade A	WhlFamr	6	0.50	OZ	\$0.07	\$0.04	0.01
		Chipotle Chiles		7	1.00	EA	\$0.10	\$0.10	0.02

Recipe Instruction:

Chiles Chipotles Creme Fraiche:

(Recipe yields 40 oz -n approx. 80+ portions)

1. Combine 16 oz. of heavy cream and 16 oz. of sour cream in stainless mixing bowl. Cover with film wrap on kitchen counter for several hours.
2. Empty 1 - 11 oz. can La Preferida whole Chipotle Peppers into food mill removing seeds. Reserve in cooler.
3. Fold thickened Creme Fraiche and seeded/pureed chipotle peppers together. Place into squeeze bottles for plate application. Refrigerate.

Salmon Preparation and Presentation:

1. Place 1 Tbs. butter and olive oil into warm non-stick fry pan. Increase heat until butter/oil begins to foam.
2. Pat dry salmon filet with clean paper toweling. Lay filet in small pan with Amazin Cajun Char-Crust Seasoning. Liberally coat filet on both sides.
3. Gently place salmon filet into hot skillet, presentation side down. Watch the heat of the fry pan. Cook at medium-high heat. Add butter/oil if needed.
4. Carefully turn filet after about two minutes. Continue cooking second side for additional two minutes. Remove filet to warm plate.
5. Warm petite asparagus with butter and a touch of fresh ground sea salt.
6. Plate salmon filet with Chiles Chipotle Creme Fraiche



Recipe Submitted by: Michael Strozinsky
 Sysco Food Services of Baraboo LLC.



Mahi Mahi Chilaquiles

Serves 1 for \$17.95

Southwest Char-Crusted Mahi-Mahi, Roasted Corn, Pineapple, Avocado and Crisp Tortillas

	Plate/Serving	Total	Percent
Price:	\$17.95	\$17.95	
Cost:	\$6.71	\$6.71	37.40
Profit:	\$11.24	\$11.24	62.60

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
7748817		Mahi Mahi Portion Skls BLO VP 8 oz	PortSim	1	1.00	EA	\$3.20	\$3.20	0.48
5025659		Seasoning Rub Southwest Spicy Smk	ChrCrust	2	0.50	OZ	\$0.53	\$0.27	0.04
9444126		Tortilla Corn/Flour Press 6 in	Mission	3	1.50	EA	\$0.11	\$0.16	0.02
7202098		Sausage Butter Base Pouch	LOL	4	3.00	OZ	\$0.17	\$0.51	0.08
4743951		Pineapple Chunk 3/4" Golden	SYS Imp	5	3.00	OZ	\$0.29	\$0.88	0.13
4121950		Juice Pineapple Not Frm Conc 100%	Dole	6	1.00	EA	\$0.41	\$0.41	0.06
8838922		Vegetable Corn and Peppers	Simprst	7	3.00	OZ	\$0.14	\$0.43	0.06
6297594		Avocado Hass Fresh Halves	CasaSol	8	1.00	EA	\$0.60	\$0.60	0.09
		Garnish		9	1.00	EA	\$0.25	\$0.25	0.04

Recipe Instruction:

1. Thaw Mahi Mahi filets in cooler. Pat dry mahi mahi filets with clean paper toweling.
2. Put Char-Crust seasoning in pan for evening service, using and adding to, as needed for additional orders.
3. Heat non-stick fry pan with butter & olive oil until foaming hot. Generously coat each filet with Smokey Spicy Southwest Char-Crust.
4. Carefully lay the filet into the fry pan. Watch the heat of the pan being careful of scorching. Medium to Medium-High is best. Add butter/ oil if needed.
5. Saute each side of the filet for about two minutes (thickness will determine adjusting the cooking time)
6. Arrange several fresh fried and seasoned tortilla chips in center of large plate, stacking and overlapping. Lay Mahi Mahi over the chips.
7. Remove excess butter and oil from fry pan. Deglaze pan with pineapple juice. Add pineapple chunks to pan, cook over medium heat, stirring.
8. Add roasted sweet corn and peppers and butter cream sauce, continue stirring. Add more pineapple juice to reach preferred consistency.
9. Spoon sauce around and partially over the Mahi Mahi and tortilla chips.
10. Garnish with slices of fresh avocado, cilantro sprig and a dusting of Smokey Spicy Southwest seasoning.

Note: A sprinkling of finely shredded Monterey Jack cheese prior to final garnish is a good cheese addition if wanted.



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Sysco Food Services of Baraboo LLC.



Scallops Florentine

Serves 1 for \$15.95

Pan-Seared Sea Scallops over Fresh Wilted Spinach in Lemon Butter Cream

	Plate/Serving	Total	Percent
Price:	\$15.95	\$15.95	
Cost:	\$5.47	\$5.47	34.30
Profit:	\$10.48	\$10.48	65.70

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
		Butter/Olive Oil		1	1.00	EA	\$0.25	\$0.25	0.05
3360112		Scallop Sea Dry IQF U10 Natl	PortSim	2	3.00	EA	\$1.31	\$3.94	0.72
2317766		Spinach Stem-Off Fresh	Packer	3	0.50	OZ	\$0.34	\$0.17	0.03
7202098		Sauce Butter Base Pouch	LOL	4	2.00	OZ	\$0.17	\$0.34	0.06
2433415		Cheese Parmesan Shred Fancy	Arezzio	5	0.25	OZ	\$0.29	\$0.07	0.01
7412596		Lemon Fresh	Sys Imp	6	1.00	TB	\$0.01	\$0.01	0.00
		Salt & Pepper		7	1.00	EA	\$0.05	\$0.05	0.01
6017263		Tomato Grape Fresh	Sys Imp	8	2.00	EA	\$0.07	\$0.14	0.03
		Garnish		9	1.00	EA	\$0.25	\$0.25	0.05
		Crostini		10	1.00	EA	\$0.25	\$0.25	0.05

Fresh Wilted Spinach Cream Sauce: Yield Approx. 40 oz - Portions: Approx. 12

1. In large, hot, fry pan, skillet or wok, add a TB of olive oil and wilt (2.5 lb) fresh spinach. Do this in batches depending on size of skillets.
2. Combine all wilted spinach to one large pan and add (32 oz pouch) L.O.L. Butter Cream Sauce. Fold together with wilted spinach.
3. Add 4 oz. of shredded Parmesan and juice from one whole fresh lemon. Continue stirring until all the cheese is incorporated.
4. Add fresh ground sea salt and pepper to taste and remove from heat. Allow to cool, stirring occasionally. Place in cooler, use as required.

Scallops Florentine:

1. Heat non-stick fry pan over medium/high heat. Add butter and olive oil to pan. heat until butter/oil begins to foam.
2. Dry scallops with clean paper towel. Remove and discard connective cartilage from scallops. Dust generously with Char-Crust Sun-Dried Tomato and Garlic Seasoning. Carefully place each scallop into hot fry pan.
3. Saute each scallop (flat side) until golden and edges begin to caramelize. This will take about a minute or so for each side. DO NOT Over-cook!
4. Warm large "pasta type" bowl or "salad" bowl. Place warmed Creamed Spinach in bowl. Arrange seared scallops over the creamed spinach.
5. Quarter grape tomatoes, length-wise, and quickly saute in olive oil. Arrange grape tomatoes over scallops and creamed spinach.
6. Garnish with lemon zest, fresh basil leaves, and grated parmesan.
7. Serve with toasted crostini.



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